



FIT BY GOD FITNESS COMPLEX

OPEN TO FIRST MOUNT ZION MEMBERS & THEIR GUEST

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FITNESS COMPLEX HOURS

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
9 am to 4 pm	9 am to 4 pm & 6:30 pm to 8:30pm	9 am to 4 pm	9 am to 4 pm & 6:30 pm to 8:30pm	9 am to 1 pm	9 am to 1 pm

November 2025 Gymnasium Floor Events

Mon	Tue	Wed	Thu	Fri	Sat
10am– 12noon Open Pickleball 27  12noon - 4pm Open Gymnasium	11:00am –11:30am Proverbs Place PE Class 12noon - 4pm Open Gymnasium 6:30pm - 8:30pm Open Basketball (16 & Up)	9:30-10:30am 29 Walk & Tone Group Exercise 11am - 4pm Open Gymnasium	11:00am –11:30am Proverbs Place PE Class 1pm–3pm Open Pickleball 7pm –8pm Line Dancing 	9am - 1pm 31 Open Gymnasium	1 Harvest Festival
10am– 12noon Open Pickleball 3  12noon Gymnasium Floor Closed	4 Closed for Voting	Fitness Room & Track Open 5 Gymnasium Floor Closed	6 11:00am –11:30am Proverbs Place PE Class 1pm–3pm Open Pickleball 6:30pm - 8:30pm Open Gymnasium	7 9am - 1pm Open Gymnasium	8 10am Core Ministry Exercise Class
10am– 12noon Open Pickleball 10  12noon - 4pm Open Gymnasium	11 Closed for Veteran's Day	9:30-10:30am 12 Walk & Tone Group Exercise 11am - 4pm Open Gymnasium	13 11:00am –11:30am Proverbs Place PE Class 1pm–3pm Open Pickleball 7pm –8pm Line Dancing 	14 9am - 1pm Open Gymnasium	15 9am - 1pm Open Gymnasium
10am– 12noon Open Pickleball 17  12noon Gymnasium Floor Closed	18 Fitness Room & Track Open Gymnasium Floor Closed NO Evening Hours	19 Fitness Room & Track Open Gymnasium Floor Closed	20 Fitness Room & Track Open Gymnasium Floor Closed NO Evening Hours	19 Fitness Room & Track Open Gymnasium Floor Closed	22 Closed for the Installation Service Of Pastor Elect, Rev. Dr. Sandra K James
Fitness Room & Track Open 24 Gymnasium Floor Closed	25 9am - 4pm Open Gymnasium 6:30pm - 8:30pm Open Gymnasium	26 9am - 4pm Open Gymnasium	27 Closed For Thanksgiving Day	28 Closed For Thanksgiving Weekend	29 Closed For Thanksgiving Weekend